

Vegetable Casserole

Vegetable casserole can be a simple dish for warm summer days when heavy food doesn't sound good. It can be made with a variety of vegetables and never end up the same twice. Gluten free drop biscuits can be added to make a vegetable pot pie. Simpler mixtures will yield a comforting, home cooked flavor and feel. More complex mixtures add a little spice to an evening, without the need for actual spices. This is a mostly vegetarian dish. It is okay to add meat leftovers such as ham, burger, turkey, or chicken. Or use this as a side dish.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Corn
- Mushrooms
- Pepper
- Potatoes
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat: None

Vegetables:

- 15 ounces of carrots
- 15 ounces of corn
- 4 ounces of mushrooms
- 15 ounces of peas
- 12 ounces of potatoes (diced)

Other ingredients:

- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice:
 - 15 ounces of carrots
 - 4 ounces of mushrooms
 - 12 ounces of potatoes
2. Add to a 2.5 quart oven safe pan:
 - 1 tablespoon of butter
 - 15 ounces of carrots
 - 15 ounces of corn
 - 4 ounces of mushrooms
 - 15 ounces of peas
 - 12 ounces of potatoes (diced)
 - Dash of salt
 - Spices, such as pepper, to taste
3. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 6

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.